

Monday Classes

Current Events and Social Issues

This course is designed to enhance the participant's interest in and understanding of current events and contemporary social issues. Local, national and international events and issues will be the subject of group discussion. Objectives are to make the participants aware of the opinions of others about events and issues that affect our lives and share perceptions of the issues and policy options shaping our world in a safe space.

Monday, 9/11, 9/18, 10/2, 10/9, 10/23, 10/30 (6 sessions)

10:30 a.m. - Noon

Instructor: Charles Mylander

Coral Reefs: Past, Present, Future

This course will initially focus on environmental factors controlling the formation of modern (Holocene) coral reefs; Indo-Pacific and Caribbean reefs will be highlighted. We will discuss theories accounting for the structure, evolution and survival of reefs and reef systems. Final sessions will cover cultural, academic and economic aspects of modern and ancient reefs and summarize a number of natural and preventable causes of their deterioration and demise.

Monday, 10/2 - 10/30 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Galt Siegrist

Music Inspired by Art

Great paintings, architecture and sculpture have inspired many composers throughout history. Explore the connection for (1) what was originally conceived as a lighthouse, (2) a bizarre woodcut from a children's book, (3) a statue for bullfighters, and many more. Discover how and why such famous images have resulted in film scores, Broadway shows, popular songs and classical repertoire.

Monday, 10/16 - 11/6 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Bob Huntington

Gentle Yoga

This one-hour class will focus on easy stretching, relaxation and breathing exercises with balance and coordination movement and poses. Students should bring their own yoga mat and wear loose-fitting clothing. **Limited to 15 participants**

Monday, 11/6 - 12/4 NO CLASS ON 11/27 (4 sessions)

10:30 a.m. - Noon

Instructor: Susan Claggett

Nutrition to Help the Planet and Us

Food accounts for nearly a third of global emissions, so what we eat matters. This course focuses on eating to help save our planet. Topics addressed will include what a flexitarian diet is, what we know about ultra processed foods and weight gain, how much protein and what kind we need, and how to choose bread at the grocery store. Nutrition that is good for the heart is good for the brain, and exercise helps both.

Monday, 11/6 - 11/27 (4 sessions)

1:00 - 2:30 p.m.

Instructor: Julianna Pax

Wine Tasting - Three Regions

The first session of this class will focus on sensory characteristics of wine. The next three sessions will involve tasting of four wines from a famous wine region followed by a small glass of a signature wine from the region and discussion of the characteristics of the wine. **Limited to 12 participants**

Monday, 11/20 - 12/11 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Dave Menzie

Fees: \$50 for materials is due at the first class

Tuesday Classes

Beginner Pickleball

This class is designed for beginner players or players who would like a refresher. The key components of the game will be covered including scoring, serving, two bounce rule and play positioning. Balls will be provided. Paddles

will be available for participants who do not have their own. **Limited to 12 participants**

Tuesday, 9/12 - 10/3 (4 sessions)
10:00 - 11:00 a.m.

Instructor: Susan Claggett

Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

Intermediate Pickleball

This class is designed for the intermediate player or players who prefer a more challenging game. The key rules will be reviewed with an emphasis on strategy and player positioning. Balls will be provided. Paddles will be available for participants who do not have their own. **Limited to 12 participants**

Tuesday, 9/12 - 10/3 (4 sessions)
11:00 a.m. - Noon

Instructor: Susan Claggett

Location: Grasonville Park, 301 Perry's Corner Road, Grasonville

Wire Wrapping Pendants

Participants will design and craft two pendants. In the first class, students will select a pendant gem bead and craft a loop for hanging and gem embellishment. In the second class participants will select a piece of sea glass and build on the skills learned in the first class to design and craft their own one-of-a-kind fully wrapped and secured pendant. **Limited to 10 participants**

Tuesday, 9/12 - 9/19 (2 sessions)
3:00 - 4:30 p.m. (2nd class is 3:00 - 5:00 p.m.)

Instructor: Juanda Rogers

Fee: \$25 for materials is due at the first class

Psychology of Grandparenting

Explore the various roles that grandparents play in American families and discuss the grandparents' relationship with both grandchildren and adult children. Discover ways to enrich time spent with grandchildren and to maintain a relationship with those who live in other areas.

Tuesday, 10/3 - 10/24 (4 sessions)
3:00 - 4:30 p.m.

Instructor: Claire Cole

All About Artificial Intelligence

This course is designed to help you understand, in non-technical terms, how AI works, how to use it, and the positives and negatives of artificial intelligence.

Tuesday, 10/10 - 10/24 (3 sessions)
10:30 a.m. - Noon

Instructor: Anthony Loscalzo

Beginning Mah Jongg

Mah Jongg is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. It is equal parts skill and luck. There is a learning curve but with practice anyone can master the game. It is fun and social. Each session will include some introductory material as well as some practice at the game. By the end of the course, you'll be ready to join your local Mah Jongg game! **Limited to 12 participants**

Tuesday, 10/17 - 11/7 (4 sessions)
1:00 - 2:30 p.m.

Instructors: Susan Buckingham and Kay Alston

Fancy Appetizers for Lazy Cooks

Learn to cheat your way through entertaining with easy recipes that look hard! **Limited to 10 participants**

Tuesday, 11/7 (1 session)
10:00 a.m. - 1:00 p.m.

Instructor: Nancy Brandenburger

Fees: \$27 for materials will be invoiced prior to the date of the class

Bead Weaving - Flat Spiral Bracelet

This course is suited for advanced beginners. Students should have previous bead-weaving experience. Students will learn how to do the flat spiral stitch while making a bracelet. The bracelet will be made with 6 mm beads, 3 mm round beads or rondelles and round seed beads. Several color choices will be available. **Limited to 5 participants**

Tuesday, 11/21 - 11/28 (2 sessions)
10:30 a.m. - Noon
Instructor: Teddy Griffin
Fees: \$15 for materials is due at the first class

Life Coaching

Google, Harvard and Adventures in Wisdom for Kids all agree that life coaching programs provide an advantage for leading a happy, productive life and successful career. This course will review life coaching programs and the brain science behind them. We will consider the skills needed to meet life's challenges, such as self-confidence, self-esteem, resilience and persistence.

Tuesday, 12/5 - 12/12 (2 sessions)
10:30 a.m. - Noon
Instructor: Joselle Gatrell

Wednesday Classes

Let's Go Birding

Following an informal lesson each week, students will participate in bird walks at three locations: The Chesapeake Bay Environmental Center (Grasonville), Terrapin Nature Park (Stevensville), Kinder Farm Park (Millersville). **Limited to 10 participants**

Wednesday, 9/6, Monday, 9/25 and Friday, 9/29 (3 sessions)
8:30 - 11:00 a.m.

Instructor: Adele Clagett
Location: Will vary each week

Fraud and Identity Theft

Learn to keep your money and identity secure, how to spot the most common identity theft and schemes, and the protection details that are needed to fight the battle against fraud and theft. You'll also learn where to turn if you have been a victim of a scam or fraud.

Wednesday, 9/6 (1 session)
1:00 - 2:30 p.m.
Instructor: Sherl Streeter

Book Club: Historical Fiction

The Book Club will discuss four books on historical fiction: The Lindbergh Nanny by Mariah Fredericks; Marmee by Sarah Miller; The Alice Network by Kate Quinn; and In Farleigh Field by Rhys Bowen. For each book, the instructor will provide a brief biography of the author and will have set questions prepared for discussions, which will be a helpful guide as participants read the books.

Wednesday, 9/6, 9/27, 10/18, 11/15, 12/13 (5 Sessions)
3:00 - 4:30 p.m.
Instructor: Mary Jo Volpicelli

Seashell Crab Plaque

In this class you will learn how to combine seashells, scrapbook paper and foam core to create a beautiful seashell crab plaque. This is a fun, easy-to-make 12" x 12" plaque to capture the spirit of the Eastern Shore. **Limited to 6 participants**

Wednesday, 9/13 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Candace Liccione
Fees: \$25 for materials is due at the first class
Location: Wye River Designs, 4300 Main Street, Grasonville

Bringing Water and Sight to Africa

Learn the role that a local man is playing in providing access to water to people in Ghana and Tanzania by drilling wells in impoverished villages, as well as providing prescription eyeglasses and cataract surgeries to people in those countries.

Wednesday, 9/13 (1 session)
1:00 - 2:30 p.m.
Instructor: Ken Wood

Low-Impact Fitness

This 60-minute fitness class features components of low-impact cardio movement, balance, and stretching set to energetic and positive music. Participants should dress comfortably but not too warmly and wear proper "athletic-style" footwear. **Limited to 15 participants**

Wednesday, 9/27 - 11/1 (6 sessions)
10:30 a.m. - Noon
Instructor: Michelle O'Brien

Line Dancing

The steps to several line dance routines will be taught using music from a range of genres, including country, oldies and contemporary. The routines are a combination of dance steps and low-impact exercise moves which slowly raise your heart rate so you are getting exercise and burning calories, while having a great time. No prior dance experience is necessary. The goal is to get some exercise and have fun! **Limited to 12 participants**

Wednesday, 10/4 - 11/8 (6 sessions)
1:00 - 2:30 p.m.
Instructor: Kathy Leary

Horticulture Series

This class will discuss various plants and how they can be used in the landscape. Each class will be developed around certain plant species. We will incorporate how plants assist with having a healthy ecosystem and how they assist other species.

Wednesday, 10/4 - 11/1 NO CLASS ON 10/18 (4 Sessions)
3:00 - 4:30 p.m.
Instructor: Cindy King

Poplar Island: An International Model

Poplar Island is an ecosystem restoration project which reuses the dredged material from the approach channels to the Baltimore Harbor to restore lost remote island habitat within the Chesapeake Bay. This partnership between the Maryland Port Administration and U.S. Army Corps of Engineers has been in place for more than 20 years and has seen the restoration of almost 400 acres of wetland habitat; additionally, more than 400 different species of wildlife have been documented and more than 30 different birds have been confirmed as nesting onsite.

Wednesday, 11/8 (1 session)
10:30 a.m. - Noon

Instructor: Kristina Motley

Broken Plate Picture Frame

Learn how to cut decorative plates and use them to create a beautiful broken plate picture frame. You will also use embellishments and mosaic tiles to adorn this frame. **Limited to 6 participants**

Wednesday, 11/15 (1 session)
10:00 a.m. - 1:00 p.m.
Instructor: Candace Liccione

Fees: \$25 for materials is due at the first class
Location: Wye River Designs, 4300 Main Street, Grasonville

The Art of Pecha Kucha

What is a pecha kucha? Perhaps kucha is Japanese for chitchat or the sound of conversation. It is now being used in schools and organizations to tell a story about you. Here's the catch - you use PowerPoint and each slide is displayed for 20 seconds. There are only 20 slides, so that's six minutes and 40 seconds to talk about your life, your passions, your adventures, etc., using mostly photos and graphics with very little text.

Wednesday, 11/15 - 11/22 (2 sessions)
1:00 - 2:30 p.m.
Instructor: Nancy Ceccorulli

Sea Glass Christmas Ornament

Participants will construct a Christmas tree ornament using genuine sea glass, silver-plated wire and Swarovski crystals. The finished ornament is approximately two inches tall and perfect for gifting, swapping at ornament parties or adorning your own tree. **Limited to 10 participants**

Wednesday, 11/29 (1 session)
1:00 - 2:30 p.m.
Instructor: Juanda Rogers

Fees: \$20 for materials is due at the class

Stained Glass Lighthouse

Learn how to mosaic using mosaic tiles and stained glass to create a beautiful stained glass lighthouse frame. You will learn how to cut

stained glass and mosaic tiles and how to grout your project. **Limited to 6 participants**

Wednesday, 12/6 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Candace Liccione

Fees: \$25 for materials is due at the first class

Location: Wye River Designs, 4300 Main Street, Grasonville

Thursday Classes

Music to Our Ears: All-time Favorites

This is an exercise in classical music appreciation. Each session will focus on one or two composers and their work. A short biography of the composer will be reviewed, and the composer's position in the history of music discussed. Each session will include one or two videos of famous works, such as J.S. Bach's Chaconne for solo violin, Vivaldi's Four Seasons, Rimsky-Korsakov's Scheherazade, and Rossini's William Tell Overture.

Thursday, 9/7 - 10/12 (6 sessions)

10:30 a.m. - Noon

Instructor: Raymond Vergne

The Wide and Wacky World of Orchids

This is a broad overview of the world of orchid hybrids in about 40 images.

Thursday, 9/7 (1 session)

1:00 - 2:30 p.m.

Instructor: Roger Cole

Let's Walk

Exercise, fresh air and social time are all good for our physical and mental health. Join this walking group and walk the parks in Queen Anne's County at your own pace. You can choose the distance you want to walk from one to three miles. Come discover new parks, trails and walking buddies. Plus you'll get a health or fitness tip each week.

Thursday, 9/14, 9/28, 10/12, 10/26 (4 sessions)

3:00 - 4:30 p.m.

Instructor: Dona Roderick

Local African American History and Culture

This course will present the history of the Kennard High School and the local African American citizens that have influenced education, jobs and business, community living and wars and military.

Thursday, 9/21 -11/2 (6 sessions)

1:00 - 2:30 p.m.

Instructor: Clayton Washington

Our Songbirds: Lecture and Field Trip

Participants will learn how to help songbirds so they can rear their hatchlings to adulthood. Topics covered will include native plants, gardening practices, outdoor space and predation. The first class will be a lecture and the second class will be a field trip to Foreman's Branch Bird Observatory, a migratory bird banding station. **Limited to 20 participants**

Thursday, 9/21 (Kennard Center) (2 sessions)

3:00 - 4:30 p.m.

Saturday, 9/23 (Meet at The Mill in Kingstown)

7:45 - 9:45 a.m.

Instructor: Cindy King

Bead Weaving - Peanut Bead Bracelet

Bead weaving is a beadwork technique where beads are woven together using a needle and thread to create jewelry, tapestries or three-dimensional objects. We'll review the basics of bead weaving, including supplies and tools used, types of stitches and types of beads available. This class is good for beginners; it will teach how to do right-angle weave to make a bracelet, how to start and end thread and how to attach a clasp. The bracelet will be made with peanut beads, rondelles and round seed beads. **Limited to 5 participants**

Thursday, 10/26 - 11/2 (2 sessions)

10:30 a.m. - Noon

Instructor: Teddy Griffin

Fees: \$15 for materials is due at the first class

A Soup for All Seasons - Fall and Winter

Explore the many tasty flavors of fall and winter as we highlight seasonal ingredients to create both comforting weeknight potages and holiday

tureens for hosting special occasions. We will also learn how to enhance ready-made broths and stocks. **Limited to 8 participants**

Thursday, 11/9 (1 session)

10:00 a.m. - 1:00 pm.

Instructor: Paula Wolflin

Fees: \$32 for materials will be invoiced prior to the date of the class

Smart Phone Tips for iPhone Users

This course will provide basic tips for users of an iPhone 8 or later. Students must have their iPhone software updated, know their Apple ID passwords and have their phone fully charged.

Thursday, 11/16 (1 session)

10:30 a.m. - Noon

Instructor: Terri O'Connell

Introduction to the UFO Phenomenon

This course will provide an introduction to UFO history from ancient to modern times. The class will highlight reported sightings, scientific research, governmental attitudes, and UFO investigative organizations.

Thursday, 11/16 (1 session)

1:00 - 2:30 p.m.

Instructor: Pat Fox

Friday Classes

Salsa and Sangria

Participants will learn to make red and white sangria, as well as a savory and sweet salsa. Participants will leave with a pitcher of red or white sangria and savory or sweet salsa with chips or crostini. **Limited to 12 participants**

Friday, 9/8 (1 session)

3:00 - 4:30 p.m.

Instructor: Jenny Gallo

Fees: \$22 for materials will be invoiced prior to the date of the class

The Cuisine of Spain

Spanish cooking is considered one of the greatest cuisines in the world. It uses herbs,

spices, local produce and meats. Small dishes known as tapas are often served. However, a full meal will be cooked with a delicious lunch and wine to follow. **Limited to 8 participants**

Friday, 9/15 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Katie Barney

Fees: \$27 for materials will be invoiced prior to the date of the class

Buckets of Warm Spit: Vice Presidents of the United States

Vice President John Nance Garner, when asked his opinion of the Vice Presidency, said it was “. . . not worth a bucket of warm spit . . .” This exercise in history will review the origins of the Vice Presidency, its history and evolution and its various crises. The lives and careers of several vice presidents will be discussed in detail.

Friday, 9/15 - 10/13 (5 sessions)

1:00 - 2:30 p.m.

Instructor: Raymond Vergne

The Cuisine of New Orleans

New Orleans food is loved throughout the world. We often think of Mardi Gras and special cakes or treats. However, the cooking is a blend of Creole, French, Spanish and American. Come cook and enjoy a delicious lunch with wine.

Limited to 8 participants

Friday, 10/6 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Katie Barney

Fees: \$27 for materials will be invoiced prior to the date of the class

Pasta Making

This course will provide hands-on experience making pasta dough along with several techniques for turning dough into delicious noodles. You will go home with dinner for two including your fresh noodles, tomato sauce with meatballs and bread. **Limited to 10 participants**

Friday, 10/6 (1 session)

3:00 - 4:30 p.m.

Instructor: Jenny Gallo

Fees: \$22 for materials will be invoiced prior to the date of the class

Painters of the French Academy from Louis XIV to Napoleon III

The French Academy of Art, established by Louis XIV in 1648, set the standard for art until the end of the reign of Napoleon III in 1870. With the approval of the French government, prominent artists changed the accepted style from Baroque to Rococo, from Neo-Classicism to Romanticism, and from Realism to Barbizon. These artists' works were and are still displayed in the Louvre. Academy artists discussed will include Le Brun, Champaigne, Boucher, Fragonard, David, Delacroix, Ingres, Gros, and Courbet. The changes in style and subject matter follow the history of the period brought about by the whims of government, the Industrial Revolution, the French Revolution and the subsequent chaos in France. We will discuss the paintings and painters against this dramatic background. No previous art history knowledge is necessary.

Friday, 10/13 - 11/10 (5 sessions)

3:00 - 4:30 p.m.

Instructor: Beverly Hall Smith

The Cuisine of Southern India

Southern India is known for spicy foods, often vegetarian, but in this class we will sample a variety of dishes from soup to nuts. Come cook and enjoy a delicious lunch with wine. **Limited to 8 participants**

Friday, 10/27 (1 session)

10:00 a.m. - 1:00 p.m.

Instructor: Katie Barney

Fees: \$27 for materials will be invoiced prior to the date of the class

Bringing Light to a Dark Topic

At some point in our lives we all question what will happen when we leave this world. It might have been a silly conversation with a friend or a short discussion with a family members. Whichever it might have been, a question or two has most likely been raised regarding preparations for the inevitable. This course is designed to provide insight into the options available to us today for a final farewell and ways we can plan in advance. We will discuss topics such as traditional burial options, cremation plans, green burial, cemetery offerings, veterans burial benefits, creating a meaningful life celebration and preplanning.

Friday, 11/3 (1 session)

10:30 a.m. - Noon

Instructor: Ryan Helfenbein

Introduction to Energy Economics

Do you wish you had a clearer understanding of energy prices and fluctuations? Are you curious about the economic pros and cons of electric vehicles, rooftop solar panels, or geothermal heat pumps? This course will help equip you to make rational energy choices.

Friday, 11/3 - 11/17 (3 sessions)

1:00 - 2:30 p.m.

Instructor: Ben Schlesinger

